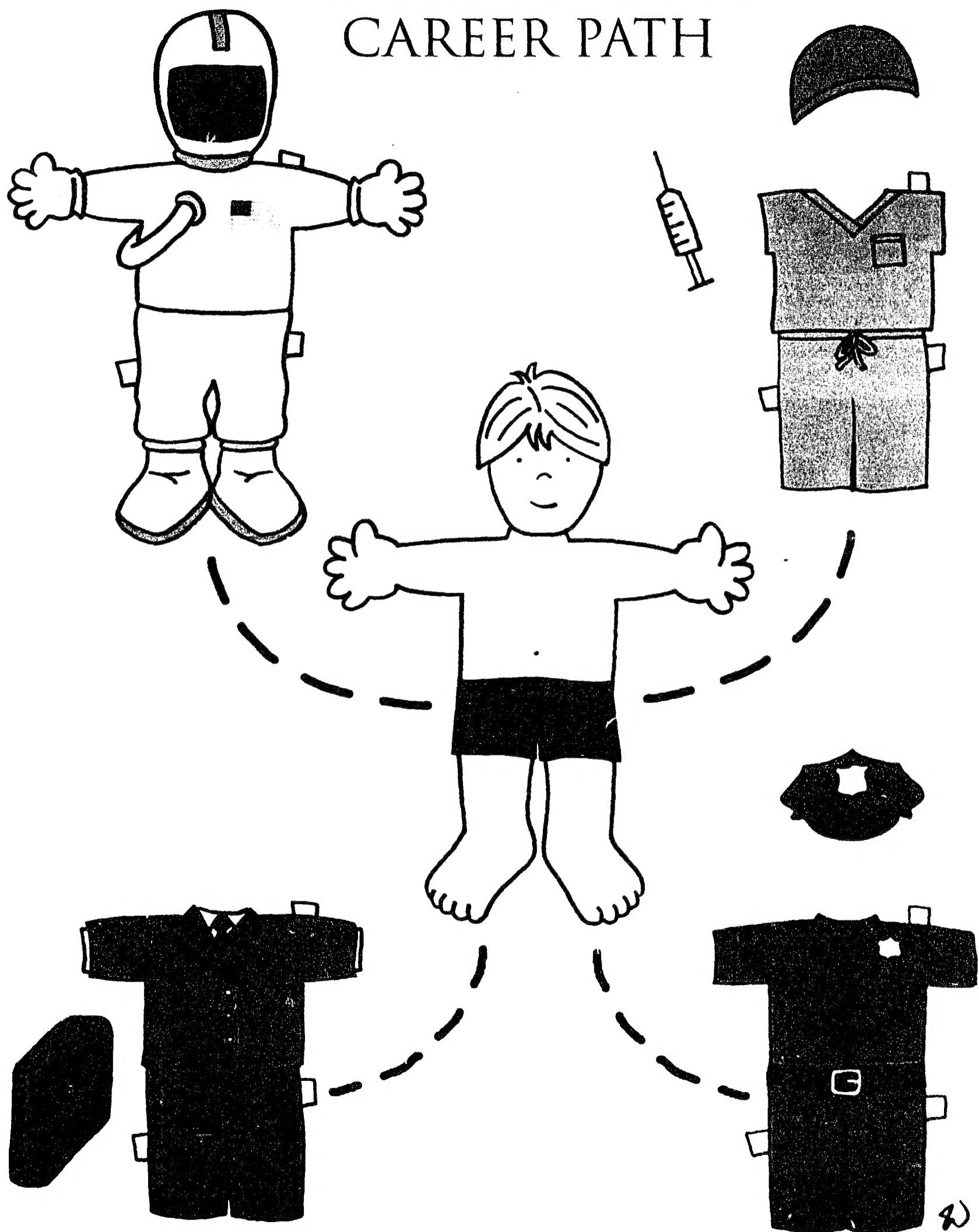


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# The Gateway Employment Issue 2004

## CHOOSE YOUR CAREER PATH



## 'Phrase that pays' opens door to UNO student's career

LEIA BAEZ

Copy editor

Knowing KBLR HOT 107.7/97.3's phrase that pays means free CDs, concert tickets and movie passes for hip-hop and R&B listeners all around Omaha.

But for UNO freshman Iris Perez, knowing that "HOT 107.7 and 97.3 is the only choice for hip-hop and R&B" meant the beginning to a new career.

Last April when Perez called into the station and was the seventh caller, she said the 'phrase that pays' and won a free CD. And while she was at the station to pick up the Ashanti CD that she had won, she inquired about positions at Waitt Radio. She filled out an employment application and soon began working as an unpaid intern for KQKQ Sweet 98. Two weeks later, she was switched to HOT 107.7/97.3 where she worked as a Road Warrior and helped with promoting the station and its events.

"It's a funny way that things happen," Perez said. "I knew it was meant to be."

It wasn't long before the program director could see Perez's determination, talent and drive as an intern. Since Perez is Latina and because she has an extensive knowledge of hip-hop culture, she was offered an on-air position at HOT 107.7/97.3. She was brought on staff to bring a new and diverse flavor to the station.

In September 2003, Perez hit the airwaves and began to mold herself into a unique and entertaining on-air



From left, Jasmine Brown a former intern, the father of hip-hop Kool Herc and Iris Perez hang out in the HOT 107.7/97.3 studio near 50th and Capitol Streets.

Courtesy photo



Photo by Josh Williamson

Iris Perez, also known as "Baby Girl Iris," hosts her weekday 10 a.m. to 2 p.m. radio show on KBLR HOT 107.7/97.3. Perez has been working for the station for about a year.

personality, known as "Baby Girl Iris."

"It just went uphill from there," she said. "Everything just fell into place."

Working for the station has given Perez several opportunities.

"I've got to meet the father of hip-hop Kool Herc and Chingy," she said. "It's been an incredible journey."

Perez also helped with the DMX and Trina concerts, as well as the Baby Body giveaway. She also helped to create the Saturday-afternoon show "The Flava," which is a diverse and all-women show.

And the opportunities keep on coming.

Perez recently received an endorsement from CIBA Vision, which is a company that sells state-of-the-art contact lenses and lens-care products. Perez simply has to talk about the product while she is on-air and she gets paid for it.

"I have been working there for a year and I love it," she said. "It's always something new and the music keeps you going. I thank God every day because this job is always fun."

Perez's co-workers also think highly of her work

performance.

"I think she has great potential," said Michael Dunham, also known as DJ Rip for Hot 107.7/97.3. "I think her show is good and it will get better. She has a bright future."

Perez is only taking one class this semester so she can focus more of her time on her activities outside of school. Besides her job at HOT 107.7/97.3, Perez also works part-time in the UNO Multicultural Office and spends a lot of her time rehearsing for a play she is in at the John Beasley Theater.

One of Perez's goals for her weekday 10 a.m. to 2 p.m. show is to target the Latino community. She already mixes speaking English and Spanish during her four-hour show.

"I thought I was going to be doing this after I graduate and it just happened so fast," she said.

"It may sound crazy to say that I'm going to quit school to go follow my dreams, but I am determined to be successful in the entertainment industry. I don't want to pass anything up."

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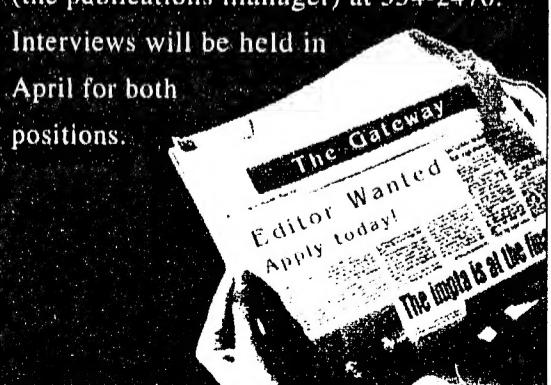
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## The Gateway Editor-in-Chief

Summer 2004 • Fall 2004

Interested? You can be the one in charge - editing and cutting stories, clipping comics and telling writers if they cut the mustard. Pick up an application at the Gateway office, MBSC 115. Applications are due by Thursday, April 1 by 5 p.m. If you have questions, call Josie (the current editor) or Carol (the publications manager) at 554-2470.

Interviews will be held in April for both positions.



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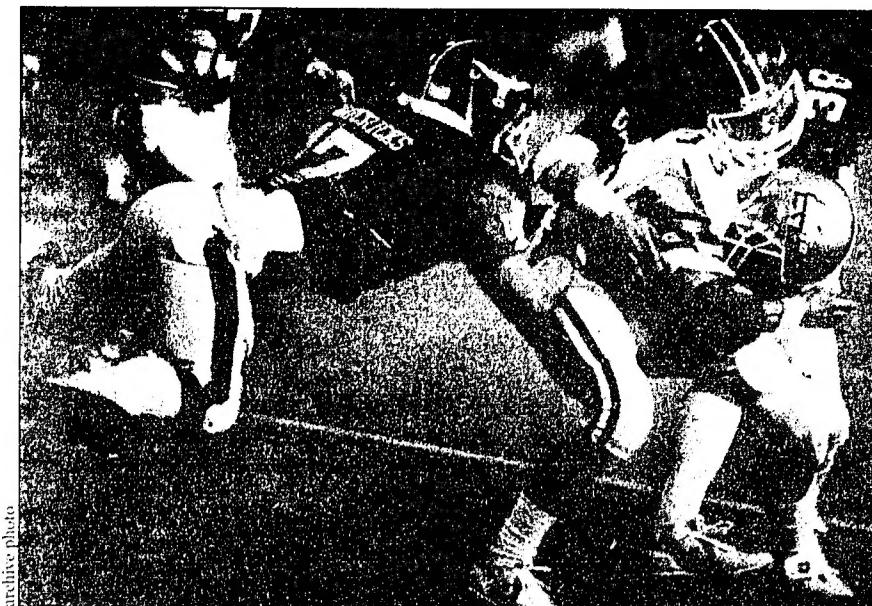
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Kirk Hutton, No. 17, tackles an opponent during the 1983 season. Hutton graduated from UNO in 1984 and is now a successful doctor.

## UNO alum turns personal experience into successful career

J. PARKER ADAIR

Sports editor

More than 20 years ago, he was a bushy-haired strong safety on the Maverick football team. Now, he is an Orthopedic Surgeon with Ortho West, specializing in shoulders.

Dr. Kirk Hutton has a long list of accomplishments as a football player and as a student. In 1984, he graduated with a biology degree from UNO. He went on to the University of Nebraska-Medical Center where he graduated in 1988. Hutton was a two-time Academic All-American, an NCAA post-graduate scholarship winner as well as honorable mention as a national football scholar-athlete. He was also one of the first UNO athletes to win the Stan Marshall award, the North Central Conference's recognition of outstanding student-athlete.

"I pretty much knew in high school that I wanted to be a doctor," Hutton said. "What cemented it though, was all of the injuries I had as a college athlete."

Hutton came into the program as a running back, but was quickly converted into a defensive back and eventually became a punt-returner. In his senior season, Hutton dislocated both of his shoulders. Now, a shoulder doctor, he has operated on several Maverick athletes and students for 10 years.

"From being an athlete, I know what they're going through," Hutton said. "A lot of them will ask about things or come into my office or operating room and watch what I do."

While the stereotype for a football player is that they are brainless jocks, Hutton is anything but that. He graduated

from UNO with a 4.0 grade point average.

"It came down to good time management skills," Hutton said. "I did better the busier I was. I knew that I had football practice and a big test the next day, so I'd study as soon as I got done with practice."

Hutton was also part of the Big Brothers program, and stresses that to be a good doctor, a person needs to be well rounded. School can't be the only thing. Sometimes, you have to be able to have fun too.

"I had a lot of memories getting to know different people and getting into a lot of classes with attorneys and chiropractors, people I do business with today," Hutton said. "One of my fondest memories was when Clark Toner got up in front of the entire football team and started singing some sort of Danish peace-time song he picked up somewhere. Here were all these scared freshman, and Clark's up there belting out this Danish song."

In the time since his graduation, Hutton has filled many roles. He has been a Clinical Assistant Professor at the UNMC, and a Team Orthopedist at Dana College, Peru State College as well as UNO. Hutton also worked with the U.S. Olympic Ski Team in 1995 as Team Orthopedist and also in 1997. He worked with the Denver Broncos as a team physician assistant from 1993 and 1994. Currently he provides medical coverage for Papillion-La Vista High School, his alma mater Plattsburgh High School and the Omaha Beef football team.

His office is located at 2725 South 144th St., Suite 212. It is on the southeast corner of 144th Street and West Center Road.

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## Cross into the blue with the USAF

J. PARKER ADAIR

Sports editor

Whether you love your country, are looking for a way to advance your career or just have a thing for wearing camouflage, the United States Air Force may be the right fit for you.

Reserve Officer Training Corps (ROTC) has made an impact on the UNO campus, just as the Air Force has made an impact on the Omaha area.

"Our main goal is to bring cadets in to become Air Force officers," said Lt. Col. Gary Wirsig.

There are more than 200 fields to choose from ranging from astronaut to bomber pilot to otorhinolaryngologist.

"Right now the nursing field is big," said Capt. Scott Bagnell. "Nurses within three years of graduation can qualify for a \$15,000 scholarship. Electrical engineering is also like that."

While those are the big fields today, the Air Force needs people to fill all positions.

"That Air Force is always changing requirements," Bagnell said, "so there may be big a demand for other jobs in the future."

America's Air Force has been advertised across campus, and also focuses on high school students.

"We had a high school drill meet this weekend," Bagnell said. "There were 500-600 students there so we spoke to them about the Air Force option, and let them know about the scholarships we offer."

Scholarships and financial assistance are a big advantage of the program. While someone could spend the same time in school to get a nursing degree ending with a lot of debt, that same person could receive a scholarship up to \$100,000

dollars as well as a monthly stipend.

Wirsig and Bagnell said that they do not feel like there is a great competition with other military branches.

"The Air Force takes care of its people," said Wirsig. "Where in the Navy, you will leave your family for long period of time, the Air Force makes sure to take care of the families."

Having Offutt Air Force Base practically in the backyard is an aid as well. Cadets can stay close to home, and once commissioned they don't have to go too far.

"The people of Omaha and Bellevue are very friendly and we have a good relationship with them," Bagnell said. "They support our training and many of our cadets are military dependents."

Students outside the UNO system can join the ROTC program. In all, 14 other schools use the UNO program including Bellevue University, Creighton University and the University of Oklahoma.

One of the major concerns for joining ROTC is the fear of military service, and that a decision can't be changed. That is not true.

"ROTC students have two years to try it out," Wirsig said. "After that, it's a four-year commitment. For a pilot it's 10 years and a navigator is seven. Most won't make a career out of the military. I'd say less than 50 percent and the ROTC program plans on it. We're always recruiting."

Fears can be cast aside; students may welcome the idea of joining the ROTC program. In service to country or for other reasons, it can be an advantage to "Cross into the blue."

For more information go to [www.AFROTC.com](http://www.AFROTC.com) or stop into the ROTC office located on first floor of the Arts and Sciences Hall.

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# UNO: A walk in the park for Chancellor Nancy Belck

JOSIE LOZA

Editor-in-chief

Shhh... If you listen closely, you might be able to hear the shuffling of Chancellor Nancy Belck's walking shoes as she strides across campus.

Her pace quickens as she strolls past the Eppley Administrative Building toward Elmwood Park. Belck has witnessed numerous changes to the appearance of the university and its administrative structure. She's even had a hand in some of the new developments seen on campus.

"The university continues to move forward," she said.

In UNO's case, it continues to move south - to its south campus that is. The Suzanne and Walter Scott Foundation contribution to student housing has allowed more than 1,200 students to live on campus. The Peter Kiewit Institute of Information Science, Technology and Engineering keeps building on Nebraska's strengths in information technology, telecommunications and construction engineering.

During her walks, Belck said she is able to hear the concerns of students, faculty, staff and sometimes legislators. Many of the university's developments were sparked from such walks across campus.

A new project on the horizon is UNO's Criss Library, which will undergo a major overhaul next year after securing funds for the proposed addition. As part of a two-phase project, the newly renamed Criss Library will receive a \$6.9 million, three-story, 31,500 square-foot addition. The addition is to be named for Dr. Guinter Kahn, a 1954 Omaha University graduate. Kahn, who is noted for discovering the



*Chancellor Nancy Belck discusses the future plans of the university.*

hair-growth stimulant, Minoxidil, contributed a major gift for the addition in honor of the 50th anniversary of his graduation.

Belck said she is pleased with the restructuring taking place within the university.

"It's key to the university to have a good solid library," she said. "Students are not just going there to take out books. They need the group workspace."

The most significant organizational change is the consolidation from four to two vice chancellors: John Christensen, interim vice chancellor for academic and student affairs; and Jim Buck, vice chancellor for administration.

Belck said some of her top priorities for the upcoming years are to renovate the Engineering Building and give more space to the College of Public Affairs and Community Service.

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## Does your job cut it?

SOMMER LEINBACH

Staff writer

I once worked at a law firm that defended nefarious characters against regular people who had been wronged in some way. I learned that just because your job is morally questionable doesn't mean it's better to be unemployed. Mine is a common lament: your job is alright, but the people you work for or the customers you serve can really make or break your day. But there's a darker, uglier side to the working world where the truly evil jobs lurk. Some jobs are just born bad.

Some people, especially the college bound, take jobs that are as degrading and unappealing as one can get. Maybe it's lack of skills or a schedule that is too hectic for a 9-5 schedule but more than likely the inconsistent job market has made it impossible to hold out for something better. When there are cell phone bills, rent and car payments to pay, you have to take what you can get.

My research took me to the underbelly of the job market where the undesirable job listings were hiding. These jobs are sticky, messy and bloody in ways that we can never truly understand without having been there.

Telemarketing has to rise to the top of the list of really undesirable jobs. Outbound telemarketers have to endure being insulted, sworn at, mocked and at the very least, hung up on. It's like being 8 years old again and the victim of the playground bullies. No one thanks a telemarketer for offering them a great opportunity. At least being a telemarketer prepares you for the tough dating scene; repeated rejection may hurt, but there is always the next call.

Those unsung heroes that make up the Road Kill Clean-up Crews have what has to be one of the single grossest jobs one can ever hope to have. They are the nameless few who seem to swoop down upon the carnage of Bambi and disappear into thin air without anyone ever having seen them. Without them we'd live in a truly disgusting state knee deep in squirrel, but I can't imagine the numbing feeling one must feel cleaning up explosion sights on the highway or once beloved pets all day long.

Give me violence, blood or carnage, but I can't even watch spiders and rats on the silver screen let alone in my own home. Exterminators go to other people's homes to clear out infestations of cockroaches, rats, termites, bees and spiders and must be blessed with the fortitude most of us do not

possess. Not only do they deal with the creepy-crawlies for a living, but the job itself is hazardous to the health of the exterminator. The chemicals used are just as toxic to people as they are to pests and can cause skin irritation, nose and throat pain and acute or chronic poisoning.

House cleaners and public bathroom cleaners go hand-and-hand for some of the top unwanted and underappreciated jobs. If you don't like cleaning up after yourself, imagine having to do it for other people. And let's face it, we aren't just talking about scrubbing bathtubs and wiping down the rim of the toilet. You get into someone's personal space and you see some of the things they do. Imagine some of the things you do when no one is looking, now compound that to people who might be crazier than you and have enough money to hire a maid service. It's like a scene out of a Stephen King novel. Public bathroom cleaners have to wipe up after people who not only know no one is watching but know their deeds can't be traced back to them.

And last but not least there are the nameless and faceless warehouse workers. This job is not as gross as a public bathroom cleaner's job and maybe not as frustrating as a telemarketer's job, but it more than makes up for that in the spirit-destroying department. Each worker is one in several hundred all doing the same repetitive labor while turn over is so high that everyone is disposable and usually treated that way by their supervisors. Most warehouses are not air conditioned in the summer or heated in the winter leaving employees wearing their winter coats while they work and suffering from heat stroke and migraines.

So maybe you believe that your job is crummy because you work with thankless customers all day long. But you have the option of later trading customer horror stories with your friends over pints of Guinness. Some of these jobs are so heart-wrenching that the humiliation of admitting to your friends what you willingly do is too much to bare. I'd probably tell my friends I worked as a Communication Expert, Animal Caretaker, Dangerous Infestation Terminator, Organization and Lifestyle Manager or Customer Satisfaction Director instead of ever owning up to having one of these undesirable jobs. So be thankful your job is at least stable and does not deal in cockroaches. And if it does, there is always therapy to get you through, and one day you can use it as fodder in your autobiography.

## Learn how to land that job

COMPILED BY VALERIE CUTSHAW

Features editor

Interviews can be very intimidating for many people. The pressure to get that perfect job is often times overwhelming. Ease your nerves with these few tips.

**Interview Tip 1:** Plan Ahead. Do a little research on the company. It's possible to research the position and the people you will meet with at the interview. Review your work experiences and be ready to support past career accomplishments. Have specific information targeted toward the company's needs. Have your facts ready!

**Interview Tip 2:** Role-play. Once the research is done, begin role-playing or rehearsing. Make up practice questions and prepare answers for the questions. Write down the answers if it helps to make your presentation more concise.

**Interview Tip 3:** Eye Contact.

Maintain eye contact with your interviewer at all times. By keeping eye contact, you let your potential employer know that you are interested.

**Interview Tip 4:** Be positive. Avoid negative comments about past employers.

**Interview Tip 5:** Adapt. Listen and adapt. Pay attention to their details of dress, office furniture, and general decor, which will give you helpful clues to assist you in tailoring your presentation.

**Interview Tip 6:** Relate. Try to relate your answers to the interviewer and the company. Focus on achievements relevant to the position.

**Interview Tip 7:** Encourage. Encourage the interviewer to share information about his or her company. Ask questions about the company to demonstrate your interest.

*This information was taken from <http://www.careercc.com/interv3.shtml#well>.*



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Issue 43

## "Badvertising" confronts negative-image issues within advertising

KIMBERLY BRYANT

News editor

Rachel Gaunt, an 18-year advertising industry veteran, brought her message of negative images in advertising to the students of UNO on Wednesday in a presentation entitled "Badvertising."

Gaunt, a media activist, public speaker, writer and mother of two, opened her own advertising firm in 1994 after becoming disillusioned with mainstream advertising agencies. The main goal of the firm was to produce socially responsible advertisements for organizations such as the Center to Prevent Handgun Violence and the San Francisco Council on Homelessness.

Gaunt began her presentation by asking the audience, "Have you ever looked at an ad and felt insulted? Seen an ad that made you cringe? Or one that just made you feel downright mad? Well, good morning and welcome to the fabulous world of advertising."

She then went on to share stories of her experiences within the advertising industry and utilized clips of print and television advertisements and statistics.

"Everyday we are bombarded by thousands of media messages...thousands of messages are aimed at us daily," she said.

The main focus of Gaunt's presentation was how advertising portrayed a distorted image of women through portraying them in negative

ways and creating stereotypes. Clips of print liquor advertisements from products such as Absolut Vodka and Miller Lite assisted in supporting her point on how women are shown as sex objects in the ads.

She also spoke of the effects of alcohol advertisements on society and gave statistics on battered women and the correlation that was found between television and violence.

"Many stereotypes can be created in 30 seconds," she said. She added that aspect is a dangerous thing in ads.

Gaunt spoke of about the lack of role models provided for women on networks such as MTV. "It's sad that young girls don't have a choice in who they pick as role models," she said.

The result of having women being portrayed negatively in advertisements has caused women to have distorted body images and have caused eating disorders in women, she said.

According to Gaunt, two-thirds of



photo by: Josh Williamson

*Rachel Gaunt speaks about sexist and stereotypical advertising Wednesday.*

young girls have distorted body images and show women as being vulnerable.

She considered magazines to be the biggest culprit of bad advertising and bad body image.

"Ads that try to appeal to women miss their mark totally," she said.

To conclude her presentation, Gaunt left members of the audience with 10 suggestions on how to be part of the solution to eliminating bad advertising. Some of the things she told students were to make their voices heard, veto campus magazines that depict women in a negative manner, create their own media, vote with their dollar and to be a role model for those around them.

## New organization educates community about Sudan culture

CARRIE ZAAYER

Staff writer

In Sudan, a war-torn country from which thousands of citizens have fled to seek refuge in the United States, university students are active in fighting for peace and change. That activism has carried over in a group of Sudanese students at UNO who also hope to reach out and help their community.

The South Sudan Students Association is a relatively new organization at UNO that is trying to get its feet off the ground.

"Back home, they're the ones that bring changes," Gatong Gatluak, South Sudan Students Association president said of the students in Sudan. "They are the ones that say, look, this is how it's done outside of our world, and maybe we can try it out."

As university students here, they feel it's their responsibility to help educate the adults and mentor the children in their community.

Omaha has one of the largest Sudanese communities in the United States, and it is growing. Currently, there are approximately 14 Sudanese students at UNO, Gatluak said.

The students now are basically first generation college students in their community, and they want to provide direction and support for the younger kids, he said.

Some of their plans include visiting high schools to encourage young people to go to college and helping people understand the city, its government and the rights they are entitled to.

"We want to make sure we educate the adults so they can get jobs and raise their families," said Lol Kuek,

see CULTURE, page 8

## Bison await Mavs in NCC tourney

PAUL FREELAND

Senior staff writer

Postseason basketball makes its return to the Sapp Fieldhouse as the Maverick men's basketball team hosts the North Central Conference tournament semifinals.

UNO (20-7) closed out the season on a five-game winning streak and claimed the school's first NCC championship since the 1983-84 season. Although the final bids will not be handed out until Sunday, the Mavs' No. 3 ranking in Wednesday's North Central region poll indicates they may be a good bet to make the NCAA Division II tournament.

Maverick Head Coach Kevin McKenna said his team had positioned itself nicely for the postseason.

"I think this is a great position to be in," McKenna said. "We're able to play our conference tournament at home. We've had great support from our fans all year. We're looking forward to the start of the second season with the conference tournament and hopefully we can have a third season in the NCAA tournament."

UNO will face North Dakota State (16-12) in Friday's second semifinal. The Bison advanced to the semis Tuesday after topping St. Cloud State

87-74 in Fargo, N.D., and will be looking to take the season series from the Mavs. NDSU beat the Mavericks at home 73-63 in January, but lost 75-64 in Omaha in February.

McKenna said the Bison would pose a stern test for his NCAA tournament hopefuls.

"North Dakota State is a good team," McKenna said. "They have good guards in CoCo Cofield and Ben Nemmers. They're an athletic team with some good tall guys. They're a very balanced team and we'll have to play our best to beat them."

Today's first semifinal also promises to be one to watch as South Dakota State (25-5) and South Dakota (19-8) renew their heated rivalry on a neutral floor. SDSU entered the final weekend of NCC play ranked second in both the region and the country, but losses at UNO and USD saw the Jackrabbits slide to fourth in the region and 10th in the nation. The Jacks beat North Dakota 74-63 to advance to Omaha while the Coyotes beat Minnesota State-Mankato 97-82 in their first-round match-up.

UNO enters the postseason on the strength of their third 20-win season in a row and McKenna, who has overseen all three campaigns, said his team's move into third in the region

## UNO student recovers from critical injuries

VALERIE CUTSHALL

Features editor

UNO student Jamie Snodgrass, is slowly recovering from an accident that left her in a coma. Snodgrass' condition has been upgraded to stable and she is currently receiving treatment at a quality-living facility at Emmanuel Hospital.

Jamie Snodgrass, 18, was involved in a two-car crash near 120th Street and Miracle Hills Drive on Oct. 21, 2003. Snodgrass was driving south on 120th Street when she collided with another vehicle that was turning into an apartment complex, said her mother Kim Harris.

Snodgrass, who at the time was a freshman majoring in business and marketing, was critically injured and suffered head injuries from the accident. Snodgrass, who was not wearing a seatbelt at the time of the accident, was taken to the Nebraska Medical Center by helicopter where she remained in a coma for three weeks.

Snodgrass suffered a mild stroke at the time of the accident but has shown signs of improvement. She is currently undergoing physical therapy for her injuries.

Snodgrass suffers from short-term memory loss and is undergoing physical therapy. At the quality-living facility, she is learning life skills, physical therapy and speech and language therapy.

"She will remember things but it has to be reviewed to her for a few days before she will remember it," Harris said.

In her free time before the accident, Snodgrass liked to watch movies, listen to music and hang out with her friends. Snodgrass also participated in volleyball and gymnastics when she was younger, said her boyfriend, Brad Noack.

After the accident, Snodgrass was given a post-traumatic

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Kimberly Bryant  
News Editor

# NEWS

Contact:  
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## Don't get caught by the cold bug

BECKY BOYER

Staff writer

When a person has a cold, germs are everywhere. Then there is the flu, which is like the granddaddy of all colds but has worse symptoms. Sounds fun, right? Well, not really. The fact is people get sick, but there are ways to prevent it from happening.

The first step in cold prevention includes hand washing. Marcia Adler, Student Health Services coordinator, feels that washing your hands is the top tip in preventing colds because any time you touch your face or rub your eyes, you spread germs. It is common knowledge that the act of doing this can and does keep germs from spreading.

Carol Bates of the Nebraska Medical Association said, "It is important to engage in proper hand washing especially during cold and flu season."

If people would just wash their hands the world would indeed be a better-less-covered-in-germs place. Everyone gets sick sometimes but most illnesses are preventable.

Adler believes that so many people get sick every year because they wear their bodies out by not getting enough sleep, water and not having three square meals a day. Overall, this causes people to compromise their immune systems.

The common cold is very bothersome. The common cold, according to the Nebraska Medical Association, is called common because, "it represents one of the most common illnesses that affect humans."

The association also estimates that Americans suffer one billion colds a year. There are easy ways to recognize a cold. The association says that all of the following are systems of colds: sneezing, sore throat, coughing and fever. According to Adler, precautions you should take when you know you are getting a cold is to eat three good meals (not junk food) a day, get eight hours of sleep and drink fluids like water or orange juice. As for those who always reach

for the antibiotics, Adler said that often they can cause more harm than the cold does.

Student Michelle Epperson tries to eat healthy, drink a lot of water and get enough sleep to prevent her from getting a cold. Epperson feels that the worst part of getting a cold is not being able to breathe or taste anything.

The influenza or the flu is another disease that many people deal with every year. The flu is described as "a highly contagious disease of the lungs that can occur suddenly in late fall and winter." The association says about 114,000 people in the United States have to be hospitalized for the flu and about 36,000 die from the flu every year.

A, B, C... No, that is not just the start of the alphabet, it is also the three types of the flu. The most common is Type A. If you have the flu, the symptoms are more than severe than those of a cold. The association states the fact that some flu symptoms are: chills, dry cough, body aches and fever. Some treatments are bed rest, drinking plenty of fluids and taking aspirin if you are an adult.

Having a fever can be a part of having the cold or the flu. The association says that fevers indicate that a person has an infection or illness. The association states, "Fevers over 103 degrees Fahrenheit may cause hallucinations, confusion, convulsions or irritability."

The association has much of the same advice for fevers as colds and the flu, which is drinking plenty of fluids and getting rest in bed.

Adler sees the flu as becoming more threatening as the years go by. She said this is because people have not let their bodies develop a resistance to this disease, which causes their defenses to go down.

"If you don't use it [your immune system] you'll lose it," she said.

People get sick, but with common sense they could get through the illnesses much faster. So just use those tissues, drink lots of fluids, get plenty of rest and you'll get through that cold or flu in no time.

for the antibiotics, Adler said that often they can cause more harm than the cold does.

According to statistics by the Omaha Police Department, someone in the city is involved in a traffic accident every 20 minutes. Chances are, at some point in time, you will be one of those people.

Between January and September of 2003, the police department processed 9,467 accidents. The actual number of accidents is about 25 to 30 percent higher because those statistics do not include non-injury accidents with a property damage of less than \$500 or accidents that occurred on private property, said Marge Semin of the Omaha Police Department.

It may be good to know what to do in case you happen to be in an accident. No matter if you're in a minor fender bender or an injury accident, it is always a good idea to call the police, said Omaha Police Officer Steve Garcia. "If you're not worried about it, you don't have to [call the police]," he said.

However, he cautioned, all parties in the accident have to agree to not calling authorities. People who choose not to involve the police should exchange names and phone numbers and provide the other party with their drivers' license number, date of birth and insurance information.

The most important things to write down, however, are the other person's license plate and vehicle information such as make and color of the car, Garcia said. That way, in case the person flees from the scene or provides false information, police have a way of tracking the offender, he said. Garcia said that if there are witnesses, you should always try to get their names and phone numbers as well.

If the accident happens on a busy street and the vehicles are not too damaged, it is okay to move cars out of the way, Garcia said. A very important thing to remember, Garcia said, is to never admit guilt or sign any statements after an accident happened. "The only thing you should sign is the ticket if an officer gives it to you," he said.

Chances of getting into a car accident at UNO may be slimmer than on Omaha's public

streets, but even on campus, you're not safe from bad luck. Paul Kosel, assistant manager of UNO campus security, said his office should be the first place students call if they're in an accident on campus.

If there are no injuries, Omaha Police won't come to the campus, and Campus Security officers will be the ones to take the report, Kosel said. They provide accident exchange forms to the drivers to make sure they will get all the information their insurance companies will need, he said.

Between January and September of 2003, the Omaha Police Department recorded 3,309 accidents with injuries to a person. Those injuries can be minor scratches or serious wounds. In case you get involved in or witness an injury accident, you should know your rights and responsibilities.

Nebraska's Good Samaritan Law does not require anybody to provide or arrange for medical care for an injured person. But when you do call 911, "Let the dispatcher know if there are injuries, because then [the call] is at a higher priority," Garcia said.

Whether you decide to render emergency care or wait until the rescue squad arrives, you cannot be held liable for any damages the person may suffer as a result from your decision, according to the Good Samaritan Law. However, if you are trained in CPR, you should probably do your best to render first aid, Garcia said.

If a person is injured in an accident or damage to the property is more than \$1,000, all drivers involved need to file a Motor Vehicle Accident Report with the Nebraska Department of Roads, no matter where the accident occurred. This responsibility is not taken care of by the police report.

Drivers have 10 days after the accident to fill out the proper form and send it to the Department of Roads in Lincoln. Bob Grant, highway safety manager with the Department of Roads, said people who fail to fill out the report may lose their drivers' license.

Motor vehicle accident report forms are available from a traffic officer, the sheriff's department, insurance agencies, Department of Roads, and UNO's Campus Security office.

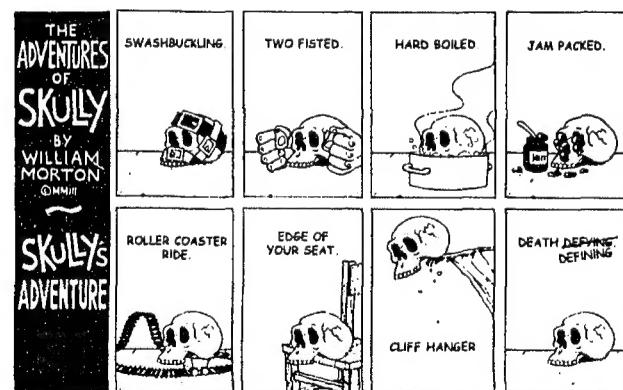
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Valerie Cutshall  
Features Editor

# FEATURES

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## Cutting carbs? – The skinny behind Dr. Atkins health

THOMAS LAMAY  
Staff writer

Everyone seems to be "Atkins Friendly" these days. Subway's "Atkins Friendly Wraps" hit the market this winter. Kentucky Fried Chicken has launched a campaign, claiming eating their "Kitchen Fresh Chicken" on a regular basis is the ideal way to stay in shape. So, was Dr. Robert C. Atkins' controversial low carbohydrate, high fat diet a factor in his death last April?

The medical history of Dr. Atkins has recently surfaced in the news. Sources state that the founder of the Atkins Diet suffered cardiac arrest a year before he died. Atkins, who reportedly followed his diet rigorously, died because his heart stopped beating from a lack of blood flow caused by the progression of his coronary-artery disease. Dr. Atkins fell last year because of health complications and was sent to the emergency room with major head trauma. He then went through emergency neurological treatment, but never recovered. Some sources are now speculating that Atkins was overweight and unhealthy, which, along with his heart disease, may have complicated his recovery.

Skeptics of the Atkins diet have added fuel to the fire, stating that diets high in protein and fat run the risk of causing blood pressure, cholesterol, and triglyceride levels to shoot into



Low carb food fills the shelves of local supermarkets.

the danger zone. The Atkins people, however, say this isn't so.

According to a press release, during the first few months on the Atkins diet, people lose about twice as much (weight) as on the standard low-fat, high-carbohydrate approach recommended by most health organizations.

Dr. Richard Fleming, the chief cardiologist at Omaha's Fleming Heart and Health Clinic, is adamantly against high-protein diets like Atkins and South Beach.

"High cholesterol and excess weight are contributed by diets high in animal protein," said Fleming in a statement. He was recently named as the source that received Dr. Robert Atkins' personal medical file, which revealed

deadly."

The Fleming plan, which is practiced at his clinic, treats cardiac patients without prescription medication or surgery.

"We have studied this and shown 100 percent of the people who make changes that they need to make, by cutting the calories, and cutting saturated fat, can improve the blood flow to their heart, while at the same time lose weight," Fleming said.

The American Heart Association said, "A high intake of saturated fats over time raises great concern about increased cardiovascular risk."

"Atkins Friendly" people commonly refer

to a study published by Duke University Researcher Dr. Eric Westman, which states "Six months on the high-fat, low-carbohydrate Atkins Diet adds up to more weight loss and better cholesterol than a low-fat, high-carbohydrate diet."

So was Atkins right all along? The millions of people who bought his 1972 *Atkins Diet Revolution* and 2002's *Nite Diet Revolution* seem to think so. The Atkins Nutritional Approach emphasizes that people who regularly eat meals consisting of refined carbohydrates like sugar and white flour should move to a diet that incorporates more nutrient dense foods like meats and leafy green vegetables.

The experts certainly agree to disagree when it comes to finding a heart healthy diet:

"Watch total calories and the saturated fat, if we lower those, we lower our weight," according to Fleming's Stop Inflammation Now.

According to the Atkins' web site, "When the intake of digestible carbohydrates is sufficiently restricted (without caloric restriction), the body converts burning carbohydrate to burning fat as its main energy source. This results in weight loss."

The Atkins Diet and Fleming's plan both stresses a common factor in weight loss — exercise. Physical activity burns calories, something that protein and carbohydrate fanatics both agree upon.

## PRSSA educates students about eating disorders

CRYSTAL REID

Senior staff writer

One out of every 10 college-aged women suffers from an eating disorder, said Evangeline Vergo, a member of UNO's Public Relations Student Society of America.

When you walk across campus, can you pick that person out? Would you know who that person is out of your circle of friends? Is it you?

UNO's PRSSA is continuing a campaign to create awareness in the UNO community about eating disorders.

According to the National Eating Disorders Association eating disorders include anorexia nervosa, characterized by self-starvation and extreme weight loss; bulimia nervosa, characterized by a secretive cycle of

binge-eating followed by purging; and binge eating, which is characterized by periods of uncontrolled, impulsive eating beyond the point of feeling full.

"By nature, it's a secretive disease," said Judy DeVries with Renewal Mental Health Services. She said that those suffering from eating disorders very rarely come forward about their destructive behaviors.

In an effort to understand what the UNO community knows about eating disorders, UNO's PRSSA recently conducted a survey of 488 students. A surprising 68 percent of those surveyed did not feel that there is a problem with eating disorders on the UNO campus. Unfortunately, statistics tend to disagree.

"One in every four women between the ages of 14 and 25 at any one time is struggling with some eating disorder behaviors," said

DeVries. She is the only certified eating disorder specialist in Nebraska.

While 68 percent of the students surveyed did not feel that eating disorders are prevalent at UNO, 50 percent of them went on to say that they knew someone who has or has had a disorder. Those numbers seem to speak for themselves: there is a problem.

"Many of those surveyed also misjudged how many people have died [from eating disorders]," Vergo said. PRSSA's research indicated that almost 20 percent of those suffering from these illnesses die.

The survey also showed that 81 percent could adequately define anorexia nervosa, bulimia nervosa and binge-eating disorder, but 35 percent believed that a person with these illnesses could stop. "Nobody sets out to have an eating disorder," DeVries said. "But the

disorder ends up taking over."

According to the survey, most students do not know where to go for help. From these statistics come the mission objectives for this PRSSA group: to create awareness, to educate students on how to respond to the diseases and to educate students about healthy eating choices.

"We would like to create a bridge so that when someone wants to find help, the answers are obvious," Vergo said.

UNO's PRSSA is beginning a series of events and discussions to further address the issue March 23. Both DeVries and Vergo agree that one of the hardest obstacles is figuring out how to encourage people to go for help.

"All of us in the group have seen the impact of eating disorders," Vergo said. "We need to get the community involved."

## Celebration of Seuss

BECKY BOYER

Staff writer

*A hundred years is quite a long time. He gave us all a love of rhyme. Even though he may be dead, you still can't get him out of your head.*

Theodor Seuss Geisel was a great writer and is very well known today. He is more popularly known by his pseudonym Dr. Seuss. As Dr. Seuss, he wrote and illustrated 46 children's books.

Geisel was born on March 2, 1904 in Springfield, Mass. His grandfather and father were brew masters, we would say that they made alcohol, so they had some problems when prohibition was being enacted.

Geisel attended college at Dartmouth and he was editor-in-chief of Dartmouth's humor magazine. He was forced to resign his position as editor-in-chief because he and his friends had a party that involved drinking. An interesting tidbit of

information is that Geisel continued to write for the magazine and he submitted work with the name Seuss, which was the first time that he used the pseudonym. The college had no idea that it was Geisel. Eventually, Geisel became a political cartoonist.

The first children's book written by Geisel was, *And To Think That I Saw It On Mulberry Street*. Just like many other famous authors, Seuss was not a success at first.

The first book that Seuss wrote was rejected 27 times. Seuss was asked to write a children's primer, we would call it a textbook, using 220 vocabulary words. That primer became one of the most famous works of Dr. Seuss, the finished book was *The Cat in the Hat*.

Probably the most interesting thing of all according to UNO student Borgna Brunner is that Dr. Seuss invented the word nerd, it appeared

see SEUSS, page 8

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Entertainment Editor

# ENTERTAINMENT

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## Starsky and Hutch's chemistry brings humor to silver screen

REVIEW BY THOM JONES

Staff writer

If the old saying "practice makes perfect" is correct, Ben Stiller and Owen Wilson are as close to perfect as they will get in *Starsky and Hutch*. In their seventh movie together, they play police officers David Starsky and Ken Hutchinson.

When asked in an interview why they work together so often, Wilson responded by saying, "You have to work with people you like and people who are going to push you as far as you can go as an actor, and Ben does that for me."

*Starsky and Hutch* is a movie about how the two became partners and their first case together. You don't have to know very much about the long-running TV show going into the movie to understand what is going on. Stiller said on this subject, "We wanted to make a movie that everyone could enjoy and didn't necessarily have to be a fan of the show to get the story."

As most cop movies go, this one starts out with a murder. This time, the evil guy who commits the murder is Reese Feldman (Vince Vaughn). As Starsky and Hutch investigate the murder, they realize there is something going on that is a lot more important. Feldman is planning the biggest drug deal to go down



courtesy photo

Ben Stiller and Owen Wilson team up for their seventh film together.

ever.

With help from their informant, Huggy Bear (Snoop Dogg), Starsky and Hutch are able to go undercover and bust the drug deal.

Starsky and Hutch have two different personalities. Starsky is straight-laced, always intense and serious about what he is doing while Hutch is laid back, never in a rush and a

"take it as it comes" type of guy. It seems this would be a recipe for disaster. However, as the film progresses, it becomes obvious the two have a lot influence of each other. Starsky becomes a lot more laid back, while Hutch becomes a little bit

more intense and tackles business head on.

The best element of the movie is Stiller and Wilson's dynamic chemistry when working together. It's obvious they are good friends just messing around, playing cops in a movie.

Snoop Dogg's performances is really funny, too. He brings his own personality to the character of Huggy Bear. And whether in *Old School* or *Swingers*, Vince Vaughn is always going to be reliable.

The movie starts off a little slow in the humor department but it soon picks up and explodes on the laugh meter. Whether you take your significant other or your parents to see *Starsky and Hutch*, everyone will get a laugh.

## Dundee Dinner Theatre explores nature of good, evil with Jekyll and Hyde performances

SOMMIER LEINBACH

Staff writer

The dark recesses of the human mind where good and evil exist as part of the human psyche is a shadowed, mysterious place where doctors and scientists alike have yet to truly penetrate and understand. There something lurks, flitting through the good and the bad and the choices therein. We do not know what is there and how it works, we may never really know.

But Henry Jekyll knows what is there.

The dark and emotional musical *Jekyll and Hyde* has come to the Dundee Dinner Theatre to give us all a glimpse into the world of madness and the macabre.

Based on the book by Robert Louis Stevenson, *Jekyll and Hyde* was adapted by Frank Wildhorn and Leslie Bricusse into an intimate and emotional musical. The story of Jekyll is that of his understanding of the mind and how it becomes a kind of dream-like obsession for him. Through his research, he has come to understand that it is possible to separate the two major personalities of the mind and to isolate the good from the evil. When his experimental drug is ready for testing, he turns himself into his own guinea pig. Chaos ensues when the drug works in a way Jekyll had not envisioned, and Jekyll's evil side emerges into one dangerous and dysfunctional Edward Hyde. The story from then is a journey into narrowing the gap between insanity and sanity and coming to terms with one's own inner demons.

The talented Michael Simpson will become both title roles in the Dundee production, directed by L. James Write, with music direction by Mitch Fuller. Simpson will take his audience along for the ride from his position as a doctor trying to play God, through his relationship with his beautiful and cultured fiancée Emma. He also explores his passion for the fiery prostitute Lucy and the war he wages with the horrific and evil Hyde, who is both separate from him and one and the same. If he does not come to terms with the darkness he has unleashed on himself, it may very well consume him.

If the compelling story doesn't pique the interest of the disturbed and curious in you, then the beautiful, complicated and haunting music will. There is no emotion it won't run ragged, leaving you breathless and exhausted at the end.

Become part of a literary masterpiece running March 5 through April 10, with performances Thursday through Saturday at 8 p.m. and Sunday at 2 p.m. An optional reservations-only dinner is available Fridays and Saturdays at 7 p.m. for those excited few wanting to make a truly memorable night out of it. Ticket prices range from \$13.50 to \$24.95. Call the Dundee Dinner Theatre for information and reservations at 558-8535.

Everyone has an explosive place inside where good and evil are locked in a constant maelstrom. Explore them safely from the confines of your seat while Simpson and the rest of the brilliant cast tells you a remarkable story.

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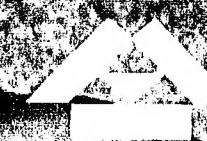
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March 5, 2003

# The Gateway

## Entertainment

# Joslyn exhibits prints from permanent collection

TAMMI OWENS

Staff writer

Fluid lines, punches of color and nary an elephant dropping in sight. This is what awaits the viewer who continues on from Joslyn Art Museum's celebration-of-the-strange exhibition, "Fabulism," into the newest exhibition, "Late Modern European Prints From the Collection."

Impressionists like Monet and Renoir were pioneers of Modernism, an art movement of the late 19th and early 20th centuries, characterized by a rejection of traditional painting schools and

techniques and an emphasis on color in abstract natural scenes. These painters influenced many other Modern schools of art, including Matisse's Fauvism and Picasso's Cubism.

"Late Modern European Prints From the Collection" highlights the continuation of European Modernism after World War II, pairing later works by Picasso and the Surrealist Dali with what the museum calls "new expressions developed from such artists as Francis Bacon and Pierre Alechinsky." Complementing the old masters and new upstarts are prints from artists known from art survey texts around the world:

Braque, Chagall, Ernst, Giacometti, Hepworth, Hater, Magritte, Miro, and Moore.

This exhibition is particularly interesting because it highlights the wide variety of influences upon European Modern art. The viewer may turn from an outdoor café scene to a simple, elegant single-line sketch to an intricate Asian-inspired village to a Cubist color block series, all within several steps of one another. At first glance, this may seem haphazard or confusing, but with reflection, one can see the web of influence weaving its way through this vibrant time in art history.

"Late Modern European Prints From the Collection" runs through April 18 at the Joslyn Art Museum at 2200 Dodge St. "Fabulism" runs through April 25. Future exhibitions include "Duane Hanson: Portraits from the Heartland" and "Exotica: Plant Portraits from Around the World," both opening May 8.

Museum general admission is \$6 for adults and \$4 for students. Special events may require reservations and additional payment. The museum is closed Mondays, open 10 a.m.-4 p.m. Tuesday through Saturday and noon to 4 p.m. Sunday.

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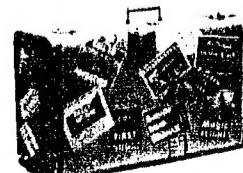
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# Nico brings big-city club scene to Omaha

REVIEW BY SOMMER LEINBACH

Staff writer

Inside an abandoned Chinese restaurant, Nico seems to have been plucked out of a big city club scene and deposited unceremoniously at 112th and Davenport Streets. There's nothing Omaha-like about the building or the club. So being a girl with East Coast nightlife in her blood, I was thrilled for the chance to dress up and go out the way "going out" was meant to be.

The outside still looks like a Chinese restaurant, complete with a walking bridge and giant Buddha statues. There are men in clean-cut suits opening the doors and limos and expensive cars parked right out front. My companions and I walked in feeling a little nervous about our high expectations but suddenly very excited.

Cover is a pricey \$7, but the girl at the door secretly told us if you show up before 8p.m. Thursdays, Fridays and Saturdays, you'll get in free. Monday through Wednesday there's never a cover all night long.

You'd have to travel to a big city far away from Omaha to find a nightclub like Nico. The Asian influence is pervasive. The martini lounge is detailed with decorations that are fresh and alive, from fresh flowers to the giant aquarium. A wall-length mirror behind the bar gives the impression there are twice as many people in the room with half as much chatter noise. The lounge is filled with black matte leather couches and red throw pillows and candles. You can definitely tell that Nico is an inviting and comfortable atmosphere.

I knew going in that since this was a martini lounge and a nightclub we'd see high prices on drinks. Generally it seemed everything the seven of us



Photo by Michelle Bishop

Nico, located at 112th and Davenport Streets, has become a hot spot for UNO students.

ordered was between \$4 and \$7. We commandeered a table in the martini lounge pretty early on and our friendly, well-dressed waitress sought the bartender's recommendation for a delicious martini. I was treated to a brand new drink he'd never made before that was sweet and icy and would have made my strictly-loyal, original martini-drinking friends balk in horror. He named it a Hot Ham-and-Cheese right then and encouraged us to go order it from any of the other bartenders who'd get really flustered not knowing what we were talking about. As far as drinks go, the bartenders in the martini lounge made nothing but decent drinks.

Outside the lounge things got loud. Straight down the middle of the room are two sunken dance floors with tables running along the sides. Flanking the

dance floors on either side are what appear to be the VIP areas. On one side is a dark leather sitting room with reserved signs, cut off by heavy navy theater curtains. Pillars of light stab through the dark room from ceiling to floor so tactile that on several occasions I avoided them as if they were solid matter. On the other side are private rooms glowing light through frosted glass with electronic lock pads.

Between the two dance floors is a disco ball the size of my bedroom that hangs in the shadowed rafter area. You don't notice it until a stab of colored light hits it just right and sends colored refractions in every direction. The fog, however, is so thick I could taste it in the back of my throat. I noticed that everyone looked more appealing in this room, under low light and heavy fog and dancing, weaving lights. There's

still one more bar on the club side, but we never got to it. People are bottlenecked so tightly in the doorway that it was easier just to head back into the lounge to do our drinking.

For as much as I loved the ambiance of the place, I could hear a death march in my head all night. I know Omaha isn't ready for a place like Nico. Its swanky vision is too much for a city that fares better at bars that just play music you can ignore rather than dance to, since almost no one did much dancing in the club. Honestly, I expected to see young and beautiful 20-somethings wearing their nicest going-out clothes. While Nico definitely attracted an eclectic mix of people, the grand majority fell under one of two groups: the over-40 with the minivan parked outside and a babysitter at home; or those who looked like they just got off work and headed in for a drink. We saw 70-year-olds swaggering through the crowd, cyber-punks with goggles and dreads, polo shirt-wearing execs, and my favorite, the tall guy wearing a long black leather trench coat with Nike flip flops and socks.

There's a mix of people at Nico that would make anyone feel comfortable. There was never a moment we felt out of place, even though sometimes we clearly were. The wait staff were beautiful and well informed on their drink knowledge. And while I itched to go pay the bartender to have them turn off the bad techno and Top 40 remix music and turn on something better like The Cure, I rarely had real complaints about the club. I don't think it'll ever be given the attention it deserves by real club-going crowds, but if you get in before cover starts, it's probably one of the better places to get a drink and relax.

## Horoscopes

PREDICTIONS BY MADAME ZORA

### Pisces (Feb. 19- March 20)

About your love life, Pisces — there's a reason you are the sign of a cold, wet fish.

### Aries (March 21-April 19)

You are designed to fall in love with a man with bad teeth.

### Taurus (April 20-May 20)

You will be struck with inspiration. Riding on the success of *The Passion of the Christ* will be your masterpiece ... *The Passion of Krishna!* He got all the girls, I tell you. Rated R, but not for violence.

### Gemini (May 21-June 20)

The love of your life just started judo classes, Gemini. Take a hint — now, while you still can.

### Cancer (June 21-July 23)

Sell, sell, buy, buy!

### Leo (July 24-Aug. 22)

Beware the Ides of March.

### Virgo (Aug. 23-Sept. 22)

You're leaving. On a jet train. Don't know when you'll be back again.

### Libra (Sept. 23-Oct. 22)



## Crossword

### ACROSS

1 Not quite shut

5 Wedding exchanges

9 Rabbit pen

14 Delta princess

15 "Dies \_\_"

16 Smell

17 No ifs, \_\_ or buts

18 Dollar fraction

19 Church code of laws

20 Deprived (of)

22 Future mallard

24 Adrenal hormone

26 Buddy

27 12/25

29 Reprimand

34 Manage

38 Larger than standard

40 Skater's jump

41 Outdoor dining area

42 Considerate

43 Diverse group

45 Piquant

46 Swimmer Williams

47 Campus sports org.

49 Pinch

51 Make honorable

56 Grappler

61 "Romeo and Juliet" character

62 Spooky

63 Spanish bull

65 Jacob's twin

66 Colonel's insignia

67 Arabian Sea gull

68 Big truck

69 Whimsical

70 Tax

71 Historic times

DOWN

1 Some Semites

2 One Jackson

3 Agassi of tennis

4 Steps element

5 One swindled

6 Mine yield

7 Magic stick

8 Preliminary work

9 Erectile hairs

10 Caspian feeder

11 Writer Morrison

12 Let's go!

13 Suspend

21 Hendrix hit, "

Lady"

23 Ship's payload

25 Capital of Senegal

30 Two-wheeler

31 Israeli weapons reporter

32 Daily Planet

33 Duchin or Nelson

34 Recess activity

35 Alimony payees

36 Camping home

37 Humdrum

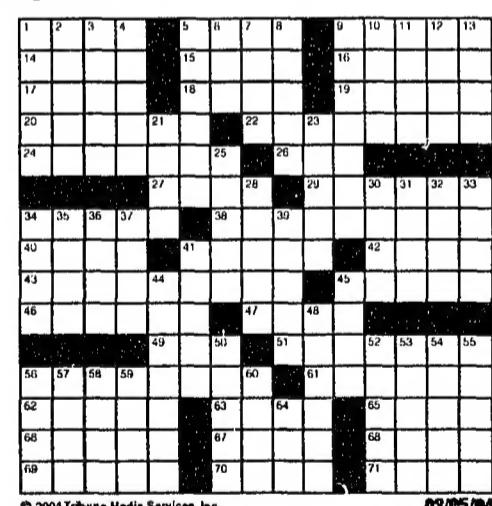
39 Nephew's sibling

41 Danger

44 Elegantly stylish

45 Cornically wild

48 Cleopatra's lover

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63/05/04

### Solutions

D	A	O	L	L	L	E	V	A	E	R	A	S
E	A	G	L	E	A	D	E	N	S	E	M	I
E	E	R	E	I	E	T	O	R	O	E	S	A
W	R	E	S	T	L	E	R	T	Y	B	A	L
E	S	T	H	E	R	N	I	P	E	N	N	O
M	E	N	A	G	E	R	I	C	A	A	B	L
G	E	T	B	Y	K	I	N	G	S	I	Z	E
S	T	E	A	D	O	I	D	P	A	L	E	N
B	E	R	E	S	F	E	T	D	U	C	L	I
A	N	D	S	C	E	N	T	O	A	N	O	N
R	A	N	I	I	R	A	E	A	R	O	M	A
A	J	A	H	V	O	W	S	H	U	T	C	H

- 50 Rose feature
- 51 Stern section
- 52 Corpulent
- 53 More
- 54 Andes beast
- 55 Needle boxes
- 56 Garden invader
- 57 Therefore
- 58 Flowerpot spot
- 59 Took the train
- 60 Clergyman's title: abbr.

## "Spirit of the Maverick" not with seniors

J. PARKER ADAIR  
Sports editor

It was a hard night for two seniors at UNO as they left the Qwest Center crowd without a victory. UNO donned the white sweaters on National Hockey Night. The Mavericks played host to a Tuesday match-up with Minnesota State-Mankato, the first of a home-and-home series for the "Spirit of the Maverick" trophy.

After two weeks without a goal, UNO dropped Alaska-Fairbanks 7-4 Saturday night. Tuesday night's contest was a goal-fest as well, but the home team found itself on the wrong end of a 5-3 decision.

Before most of 6,000 fans could find their seats, Mankato's Adam Cerlach netted a goal at 1:07. At 3:12 David Morelli retaliated with assist from Alex Nikiforuk and captain Mike Lefley.

"We went down 1-0, but we showed fire," senior Andrew Wong said. "We popped one right back. It doesn't matter who scored first, we are coming back."

Anthony Adams received a pass from Mike Eickman and slotted one past Jon Volp to

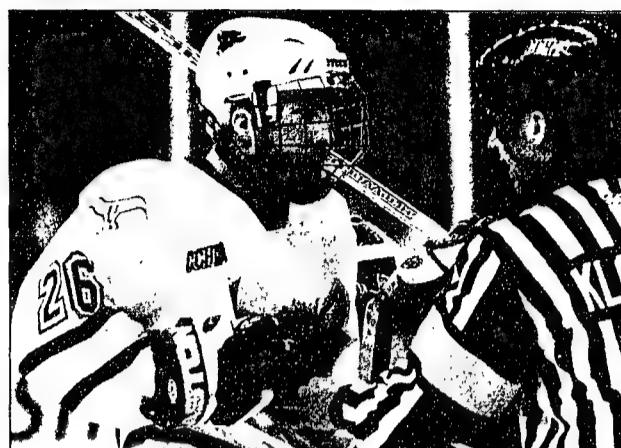


photo by Danielle Peterson

Brent Kisio tries to make a point to head official Bret Klosowski during Tuesday night's game.

take a two-goal lead.

Wong scored from fellow senior Mike Gabinet as well as Scott Parse, giving the Mavs a 3-2 advantage heading into intermission.

"I don't think at anytime, we played textbook hockey," said UNO Head Coach Mike

Kemp. "I thought the first period was sloppy. There were a lot of turnovers, we have the puck on the wall, but don't get it out and they counter attacked."

The second and third frames did not yield such positive results for the Mavs as Saturday's contest did. MSU's Lucas Fransen's goal in the third period tied things up. Steven Johns ripped one past UNO goalie Chris

Holt on the power-play just nine seconds after Chris Claffey had been sent to the box for holding. MSU's Ryan McKelvie added an unassisted empty netter with three seconds left to give the northern Mavs the win.

"We gave up the last three goals of the

game," Kemp said. "That's frustrating to give up. We're learning what to do to get better. We need to know our numbers. On that Fransen goal, we weren't lined up right and he scored from the point."

For Wong and Gabinet, it was their last game in front of the Omaha crowd.

"There's no question about it," Wong said, "these have been the best four years of my life. Playing in front of the Omaha fans, in front of 8,000 every night is great. They love their sports, they love their hockey team."

Gabinet was ready to go right back to Mankato. "We gotta play hard, and spoil their senior night."

After the MSU game, UNO will travel to Ann Arbor for a best-of-three series with the Michigan Wolverines March 12-14. Two wins there will send them to the Central Collegiate Hockey Association Super Six in Detroit.

Whenever the season ends for the Mavs, the two seniors will look to the next level following graduation.

Gabinet said, "You just pack your bags and see where you end-up."

## Mav Notes

COMPILED BY J. PARKER ADAIR  
Sports Editor

### Mavs qualify 15 for National tournaments

After the North Central Conference track and field meet, UNO had seven members of its team that could prepare to compete at the

NCAA Division II indoor track and field meet. Kalyn Byers won the high jump. Foluso Makinde took third in the long jump. Mandy Neneman placed second in the 60-meter hurdles. Sarah Menghini won the 400-meter dash, and became a double-qualifier when the 1600-meter relay team — Menghini, Laura Gass, Amanda Mahan and Ashley Freeman — took second. The NCAA

meet will be held March 12-13 in Boston.

With the NCC tournament no longer taking place, UNO headed to St. Cloud, Minn. for the North Regional tournament. Of the 10 wrestlers, eight qualified for the NCAA Division II tournament. Dustin Tovar ranked sixth at 125-pounds nationally and Les Sigman (1st-285)

bookended the tournament with wins. Other wrestlers that qualified are (ranking and weight): Mitch Waite (8th-133), Eli Dominguez (not ranked-141), Patrick Allibone (7th-149), Chas DeVetter (8th-157), J.D. Naig (4th-165), and Ben Strandberg (not ranked-197). The NCAA tournament will be held March 12-13 in Manakto, Minn.

### Mavericks open season with three losses

ANGIE PECK

Staff writer

The Maverick baseball team lost three of four games played Feb. 27 and 28 against Missouri Western State College at Phil Welch Stadium in St. Joseph, Mo.

UNO opened the season with a 3-2 loss in the first game of Friday's doubleheader. Starting pitcher Troy Cloyd held the Griffons hitless though the first four innings but the Mavs fell 3-2 in extra innings when Griffon junior Josh Small's RBI single ran in senior Brian

Desch from second base.

In the nightcap, starter Marc Badalucco led the Mavs into the sixth inning with a 2-0 lead allowing only two hits and three walks. Mike Clutts picked up his first win of the season by relieving Badalucco in the sixth. Leading the Mavs offensively, David Bodnar had a hit an RBI, going 3-4 on the night.

In Saturday's doubleheader the Mavs dropped both games to the Griffons, falling to 1-3 on the season. In the first of the day's two games starting pitcher Jon

Christiansen allowed two runs in three innings. Adam Drury followed by allowing a three-run fifth inning making the score 6-3.

Offensively the Mavs fought back in the top of the sixth with a three-run inning, tying the game at six-a-piece. Western had a chance to put the game away in the bottom of the seventh with a runner on third and no outs. The Griffons failed to score the runner. The Mavs loaded the bases in the top of the eighth but could not drive the

■ see SEASON, page 8



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## from CULTURE, page 1

treasurer of the student organization.

He said that when many people come to America from Sudan, they don't know how to live here, and many kids get no encouragement to go to school.

"We also want to educate our people about problems back home," Kuek said. "Why we are here, what we need to do to solve that problem, how we can bring peace to our community, how we can make sure our people are secure back home. That's one of the main issues."

Cultural differences have also caused misunderstandings for the Sudanese, especially concerning relationships within families.

Gatluak said the Western view of the relationship between Sudanese husbands and wives is many times incorrect.

"Here when there's an issue between the husband and the wife, it's immediately understood," he said. "They say, oh this man just thinks this woman is a slave, and that's just not how it is."

Back home, Kuek said, the man takes care of the house and the money and the woman takes care of the kids, and that's how it has always been. When they come to America, and the women start getting jobs, it is a difficult adjustment.

To adjust to the change, they need

counseling and help to avoid conflict, Gatluak said, such as education on dealing with financial issues and how to manage a household with two working parents.

"At the end of the day, you have to understand that is our culture," he said. "We just can't throw it in the trash in a day."

Family is important for the Sudanese, and sometimes family responsibilities can prevent them from going to school. The community values education, but conflicts can arise when a student has to work full-time to support a family here or back home, Gatluak said.

Kuek said that on top of trying to support a family, many have difficulties learning English, which can also prevent them from going to school.

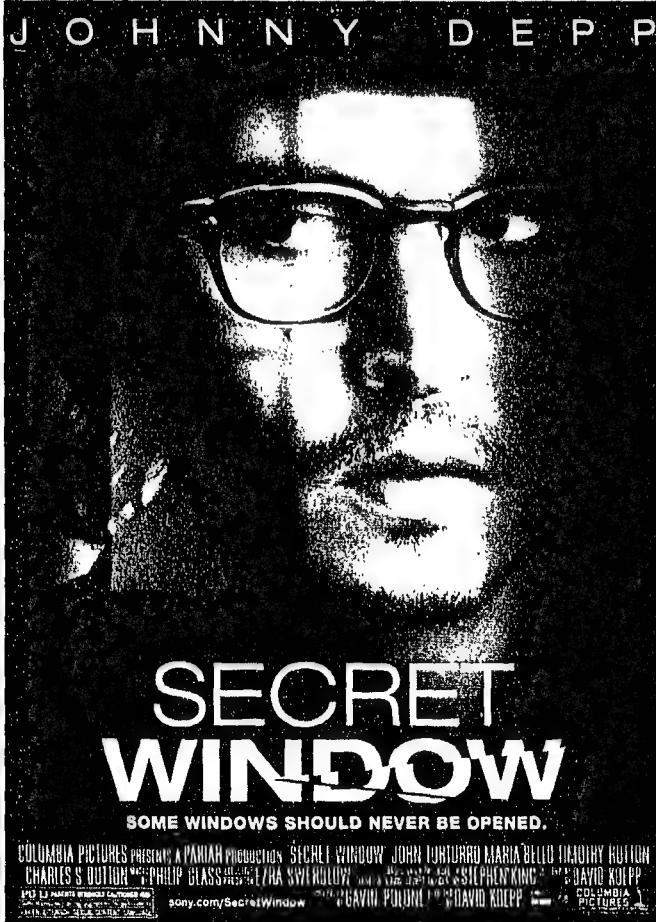
As far as making steps to begin helping their community, Gatluak said it is a slow process, but they have some ideas of where to look for help and eventually they will get their message out there.

"We want our organization to grow so we can become very active in our community," Kuek said. "So we can let those young people know we are doing this. We need to move on in education and accomplish something, so they can see us doing something in the community."

BY BILLY O'KEEFE [www.mrbilly.com](http://www.mrbilly.com)



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IN THEATRES FRIDAY, MARCH 12TH!

## from SEUSS, page 3

in the book *If I Ran the Zoo*. The following quote by Dr. Seuss shows the kind of person that he was, "I like nonsense; it wakes up the brain cells. Fantasy is a necessary ingredient in living; it's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities."

Even college students have something to say about Dr. Seuss and his many works.

Ally Strobel, a senior at UNO, said her parents gave her *All the Places You'll Go* as a high school graduation present in 2000.

"Even though I was moving on to a bigger part of my life my parents wanted me to remember the simple things in life," she said.

Strobel said that even with all the grammar and proper ways of writing, Dr. Seuss has taught children to be

creative in their writings.

"And especially not to confirm to what others want of you," she said.

Dr. Seuss died on Sept. 24, 1991. He would have been 100 years old on March 2, 2004. In honor of Dr. Seuss this entire year is being celebrated as the "Seussentennial: A CENTURY OF IMAGINATION," according to a pamphlet by Random House Children's Books.

The works of Dr. Seuss have affected many people. Sometimes his books are the first books that we read. Everyone has heard of Dr. Seuss. Most people even have a favorite Dr. Seuss book and some of course have a morbid curiosity about green eggs and ham.

Information taken from <http://www.seussville.com> and <http://www.omaha.lib.ne.us/>. The Seussentennial information was taken from a pamphlet from Borders.

second. Northern State, USD, Bemidji State, Colorado Christian, Mesa State and Fort Lewis round out the regional rankings.

SDSU and USD will begin today's proceedings with a 6 p.m. start at the Sapp Fieldhouse with the Mavs and Bison to follow at 8 p.m. The two semifinal winners will play Saturday at 7 p.m. for an automatic berth in the NCAA tournament.

these injuries.

Friends and family have supported Snodgrass during her recovery. Noack has visited her almost everyday since the accident.

He said that while Snodgrass isn't running or jumping, she is walking. "She is improving everyday."

Marion Rhodes and Marquita Govan contributed to this story.

## from INJURIES, page 1

amnesia test to determine the extent of her brain damage. Harris said because every case is different, it will be hard for doctors to predict the damage done to her brain.

Snodgrass' other injuries included a dislocated hip, a lacerated spleen and liver and fractured ribs. She has since recovered from

## from SAD, page 2

Winter weather in Nebraska can be described in the following ways: endless, drab and depressing. So when you combine these descriptions with short days and cold, snowy weather, it can lead to Seasonal Affective Disorder, also known as SAD. SAD is a mood disorder associated with depression episodes and related to seasonal variations of light according to the National Mental Health Association.

The disorder mainly occurs during the winter, usually in January and February. A possible cause of the disorder is due to the increased production of melatonin, a sleep-related hormone, and due to the shorter and darker winter days, according to the NMHA. The disease usually affects younger women.

"The symptoms of Seasonal Affective Disorder are very much like regular depression," said Marcia Adler, coordinator of Student Health Services.

The symptoms of SAD include excessive eating and sleeping, weight gain and a craving for sugary and/or starchy foods during the fall or winter months.

So how can one tell the difference between just having a case of the winter blues and having SAD?

"The marker (for SAD) from a health care perspective is a patient would go through two full seasons and experience similar symptoms," Adler said.

"If you're somebody who oversleeps typically in the wintertime and in the summertime you're ready to get up and jump out of bed and go, that might be a piece of it,"

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# Wide awake, chasing his 'Dream Job'

ANN KILLION

Knight Ridder Newspaper (KRT)

It took Aaron Levine only one appearance on "Dream Job" to become semi-famous. On his first week of the new ESPN reality series, the Stanford senior accomplished two things: he coined a memorable phrase and confirmed our worst suspicions about the sports network.

Levine's highlight call on the "My SportsCenter" competition included the questionable phrase "a big case of the runs" to describe a long punt return by Brian Westbrook of the Philadelphia Eagles. Vulgar but memorable, and because it was written on an anxiety-producing deadline for a national audience, we'll give 21-year-old Levine the benefit of the doubt.

It's harder to forgive Al Jaffe, ESPN's vice president of talent, and the most important judge on the four-person panel. He adored Levine's potty humor.

This is perhaps the attraction — if indeed there is one — of "Dream Job." It gives us insight into the network that consumes the waking hours of so many sports fans.

On one hand, we might learn how tough it is to be a SportsCenter anchor — and this could be ESPN's motivation for the show. Watching contestant Michael Quigley choke through his script actually makes one yearn for those third-string, weekend SportsCenter hosts, whose presence normally causes a channel change.

On the other hand, we're learning more than we'd like about on-air qualifications at ESPN. Hit just the right note of frat-boy humor, and you've got a shot at the big prize — a one-year job as a SportsCenter anchor.

Jaffe, who hires all of ESPN's on-air personalities, is showing his true tastes.

One other reason to watch: Can 12 regular folks spend six consecutive weekends with host Stuart Scott without going insane, or attacking him? Stay tuned.

Levine — the second-youngest contestant (Brown senior Maggie Haskins is two months younger) — was arguably the star of the first show, in which half the contestants wrote and announced two minutes of canned highlights. The other six would-be anchors debuted — head to head with the Academy Awards. Levine was lucky — the first group certainly earned better exposure.

The first contestant sent home was 31-year old attorney Chris Williams who committed two sins: He was awkward and serious. Levine, in contrast, was smooth and clever and moved easily from the familiar (the NFL) to new territory (X Games freestyle motocross). He felt his "runs" line was risky but decided to keep it.

"I thought it was borderline," Levine said by phone Saturday from New York, where he was preparing for round two. He didn't expect to be applauded for the line. "I was very surprised."

Levine — whose debut prompted judge/linebacker LaVar Arrington to say, "You nailed it. Pop your collar, player," — said he was nervous, but he didn't show it.

Approximately 1.5 million people watched the debut of "Dream Job." Quite a leap from Levine's normal audience: the 250 or so people who listen to Stanford volleyball on the student radio station.

That Levine was among the strongest

contestants makes perfect sense. After all, he has lived his entire life with SportsCenter — ESPN itself was born three years before Levine. But unlike some of his competitors, who went literally from their couch to the contest, Levine has been preparing for a job in sports broadcasting for years.

As a high school student in Calabasas, Levine worked for Fox Sports News, covering Southern California high schools and also interning on the network's NFL Sunday show.

"I missed a lot of high school social events," he said. "But it was worth it."

At Stanford, he jumped into sports journalism. He wrote for the Stanford Daily and also had a seven-story run as a Mercury News stringer in 2002, covering college tennis, the Earthquakes and the CyberRays.

We don't want to assume that the Merc turned him off of print journalism, but he soon focused his efforts on broadcasting after taking an intensive summer course at New York University. He loved calling Cardinal volleyball games — though he dumbfounded "Dream Job" host Scott by saying that his favorite athlete was Logan Tom.

An internship at a Santa Maria TV station gave Levine enough on-air time to put together a highlight reel, which he planned to mail out to every small television market in the country. But, thanks to "Dream Job," he gets to save on postage.

"The timing of this couldn't be better," Levine said.

He heard about the competition last August and tried out in Los Angeles. He didn't get a call back, but, undaunted, headed for another round of tryouts in San Francisco. He lined up at 4 a.m., auditioned, covered a Cal-Stanford volleyball game that afternoon, and got a call-back for the next day. He made it to the western regional, then to final group of 35 in New York. From an original pool of about 10,000 hopefuls, Levine is in the final 12.

"It's my own NCAA tournament," he said.

His last official day (for a while) as a student was at the Feb. 7 Stanford-Arizona game, which he watched from the Sixth Man section. Before the game, Cardinal swingman Nick Robinson came up to Levine to congratulate him for making the ESPN show. A few hours later, Robinson made his own contribution to SportsCenter — with his game-winning highlight.

Levine is taking the quarter off to participate in "Dream Job." He plans to finish his history degree next quarter and graduate on time in May, unless of course he wins his dream job and starts at ESPN right away. He would defer graduation, just like many of the athletes he'll cover.

Levine is confident that even if he doesn't win, this experience will help jump-start his career. Station directors around the country are surely watching the show, hoping to spot a fresh face. He could leapfrog from tiny backwater to mid-sized market thanks to ESPN.

"I'm hoping that maybe last week saved one or two years of my life," he said.

Because after one week, 1.5 million people know he's the guy who said that icky thing about Brian Westbrook. And that's the point, right?

# Brother, can you spare a job?

KNIGHT RIDDER/TRIBUNE NEWS SERVICE

(KRT)

The White House made a bold statement Feb. 9 when the Council of Economic Advisers predicted the United States was on the verge of a job creation bonanza. Happy times were finally approaching with the projected addition of 2.6 million jobs in 2004, more than enough to replace all those lost during President Bush's term.

While such an outcome is surely to be wished for, the administration, in its annual economic presentation to Congress, is now running away from the numbers almost as fast as Britney Spears raced to get divorced. All of which highlights, again, that the administration is at sea when it comes to bettering the lot of American workers.

"I'm not a statistician. I am not a predictor," said Bush, who has near-religious faith in the power of tax cuts to help the economy expand and produce jobs. So far, he has half a loaf: Economic growth in the last half of 2003 was the fastest since 1984, but the United States has added an average of only 73,000 jobs a month since September.

Bush would have to suddenly quadruple that rate to hit the 2.6 million target and do almost that well to drive down unemployment.

No president has as much control over the economy as you might

think or he would like, but Bush and his advisers look particularly hapless. When January's job creation numbers were disappointing, Labor Secretary Elaine Chao suggested that Americans take solace in the rising stock market, calling it the "final arbiter."

Then, last week, Gregory Mankiw, chief of the White House Council of Economic Advisers, said the loss of highly-paid jobs going to foreign countries was "probably a plus for the economy in the long run." Many economists say Mankiw may be right, but that's small comfort to the \$60-an-hour software developers whose jobs are being taken over by \$6-an-hour workers in India.

Technological advances, rising productivity and increased global competition are wreaking historic changes in the workplace. The president and, for that matter, his Democratic challengers have yet to address those forces directly, let alone present America with a cogent program for confronting them.



KRT Illustration

## Attention UNO Students

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# Dress to impress for an interview

COMMENTARY BY CRYSTAL R. REID  
Senior staff writer

Showing up to a job interview with a skirt short enough to double for a wide belt would probably get you the wrong kind of jobs. Wearing dress pants below your rear is also not the way to showcase your positive attributes to an interviewer.

With graduation coming up in May, many students will be attending interviews out in the career circuit. As a hiring manager at a local retail store, I've seen a lot of the 'do's' and 'don'ts' of interview attire. While the above two definite 'don'ts' are obvious, there are a lot of 'do's' that can help you look and feel the part.

One of the biggest areas that job applicants miss is their personal presentation on initial contact with an employer. This means that most applicants neglect to dress the part at all times, whether it's handing in an application for an internship, hanging out at a job fair or just picking up information about a job. Turning in a resume while wearing a pair of jeans and faded concert T-shirt may show a lack of concern for details, even if it's just a front desk receptionist taking your papers.

So how do you look the part? I will always advocate the classic business suit. Any person who is serious about securing a job needs to consider wearing a suit. Black, gray or navy will do just fine. Pink, teal, white or chartreuse suits need not apply.

Many men may argue that a black suit should be reserved for funerals, weddings and other special events. In fact, CQ just recently printed an article regarding the black suit in the office as 'overdone'. For an interview, if a black suit is all you own, take caution as to what goes underneath. Dark colors like reds, black and grays should be avoided. A simple white, light blue or light green (avoid neon) shirt with coordinating tie looks crisp and professional.

Women have a lot more options than men do, however most women tend to air on the conservative side. While a button up white shirt under a black suit is classy, it also tends to produce the 'I'll be your server for the evening' look. The 'waiter style' can be avoided by throwing a soft pink or blue button up shirt underneath the suit. Again, this always produces a very crisp look.

Women aren't limited to button up shirts. A soft sweater or crew neck shell is fun underneath a suit. It can show a level of creativity.

Don't forget the shoes! Men, avoid slides, even if they're nice streamlined shiny black slides from this season's finest shoe collections.

Women need to avoid strappy, 5-inch stiletto heels. A 3-inch heel or lower is suitable (depending on height). The heels give your posture a confident thrust by pushing your shoulders back and straightening your spine. Closed toe pumps or sling backs are just fine, but strappy shoes should be reserved for bar hopping.

Grey suits go better with pastels, especially this season. For men, contrasting colors like olive green or pale pink under a gray suit often look very stylin', but might come off as too trendy. That choice is yours to make.

The bottom line is that you know what looks good on you. Choose a cut of a suit that fits your body the best; don't be tempted by trendy, over the top cuts that will fade into the archives of Vogue next season.

Remember to always look the part to feel the part, smile, and have a great interview!



KRT photo

*Women have many options to spice up their appeal and classy new look.*



*Above, a sweater and dress pants can show employers creativity.*

*Left, women aren't limited to button up shirts. A soft sweater or crew neck shell is fun underneath a suit. It can show a level of creativity.*



*Above, a simple white, light blue or light green (avoid neon) shirt with coordinating tie looks crisp and professional.*

Turning in a resume while wearing a pair of jeans and faded concert T-shirt may show a lack of concern for details, even if it's just a front desk receptionist taking your papers.

CRYSTAL R. REID

# Welcome to UNO Mav-Rec

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HPER 100

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12 - 12:50 pm Muscle Conditioning HPER 112 Janine	12 - 12:50 pm Basic Training HPER 112 Janine	12 - 12:50 pm Circuit Training HPER 110 Sara	12 - 12:50 pm Circuit Interval HPER 112 Janine
5:15 - 6:15 pm Beginning Yoga HPER 231 Anne	12 - 12:45 pm Aqua Lunch HPER Pool Merrilee	8:15 - 8:15 pm W.E.T. HPER Pool Merrilee	12 - 12:45 pm Aqua Lunch HPER Pool Crystal
6:15 - 6:15 pm Step HPER 110 Lily	2:15 - 3:30 pm Step / Crunch HPER 230 Mara	5:15 - 6:15 pm Beginning Pilates* HPER 230 Anna	2:15 - 3:15 pm Step / Strength HPER 230 Mara
8:15 - 7:15 pm Beginning Pilates* HPER 110 Alli	5:15 - 6:15 pm Deep Water Exercise HPER Pool Sheryl	5:30 - 6:30 pm Step 'N Tone HPER 110 Lily	5:15 - 6:15 pm Deep Water Exercise HPER Pool Sheryl
7:15 - 8:15 pm Turbo Kick HPER 110 Allison K.	5:30 - 6:30 pm Alternative Aerobics HPER 110 Allison K.	7:30 - 8:30 pm S.W.E.A.T. HPER 231 Allison K.	8:30 - 8:30 pm Turbo Kick HPER 231 Allison K.
			2 - 12:45 pm Aqua Lunch HPER Pool Sheryl

\* This class requires attendance of an introductory class on one of the following dates: 2/16, 6:15 pm, HPER 110



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### - Climbing Wall -

Hours of Operation

M/W: Noon-9 pm  
Tue/Thurs: 1-9 pm  
Friday: Noon-8 pm  
Sat/Sun: Noon-6 pm

### - Bouldering Wall -

Free for all students, activity card holders, and registered guests!!

### Same hours as above

Get a Belay Certification! One time payment of \$7.50

### Spring Break 2004

Teton National Park, X-Country Skiing/  
Winter Camping Trip  
Saturday, March 13 - Sunday, March 21, 2004  
The Grand Tetons are one of the country's most beautiful ranges. This is evident by their sharp, rugged peaks rising up 13,770 feet above the Wyoming landscape. With the snowfall the area turns into a frosty wonderland, a frozen playground for cross country skiing, snowshoeing, and winter camping enthusiasts! If you are interested or would like more information join us for the informational meeting to get more details!

Informational Meeting: Monday, Feb. 16, 7 pm

Early Registration Cost: \$382 UNO/\$416 GP

### Beginning Climbing Workshop

Check out class times in the OVC Schedule of Events

Pick one up outside HPER 100

Learn or practice your rock climbing skills during five evening sessions or a 2-day weekend session. We will teach you the basics needed for this activity, so beginners are welcome. More experienced climbers can use the workshop to refine their skills. Equipment is included.

Early Registration cost: \$40 UNO/ \$55 GP

Check out all of OVC's Upcoming Events on the Campus Recreation Website  
Questions? 554-2258/2539  
ocv@unomaha.edu

## Mav-Rec DANCE

### Spring Dance Lessons

#### Swing

Learn how to dance many types of swing to a variety of music

Swing: 3:00-4:00 pm

#### Latin +

Learn Latin Salsa, Merengue, Cha Cha, Rhumba, Waltz, and Two Step

Latin+: 1:30-2:30 pm

### One Session

With Activity Card You \$15 Friend \$13

W/O Activity Card You \$18 Friend \$15

## Mav-Rec Kids

### Summer Day Program

Registration begins February 23 in HPER 100  
for more information, call 554-2539

### - March Madness - free throw contest

March 12, 6:30 pm in HPER 112

Age Levels: 8 and under, 9-10, 11-12

All participants must pre-register in person in HPER 100, by email or phone

Tracy or Lisa: 554-2539,  
tscott7378@hotmail.com

## Massage

Just What You Need...

Upcoming Dates

Fridays  
March 5, 11 am - 1 pm, EAB 203  
April 2, 11 am - 1 pm, PKL Room 100A  
all service administered by a licensed massage therapist

\$10 per 15 minutes

Register in HPER 100

Walk-Ins accepted if time permits

Golf and Archery

Open Lab Hours, HPER 230

January 22 - April 2

Monday: 7 - 8:30 pm

Thursday: 11am - Noon

Friday: 4 - 6 pm (Family Hours)

Open to all students, faculty, staff and activity card holders



## Mav-Rec IM Sports

### Register for Intramural Spring Session Two!

Ultimate Frisbee  
Mondays  
Men/Women/Co-Rec

Softball  
Tuesday/Wednesday/Thursday/Sunday  
Men/Women/Co-Rec

4X4 Flag Football  
Tuesday/Sunday  
Men/Women/Co-Rec

7X7 Soccer  
Tuesday/Thursday/Sunday  
Men/Women/Co-Rec

Register in HPER 205 by March 11  
Captain's Meeting: Friday, March 12  
4 pm in HPER 102  
questions? 554-2634

### Paintball Club -

Open House and Informational Meeting

March 12th, 5 pm  
HPER 102  
snacks provided for all!

The University of Nebraska is an equal opportunity / affirmative action institution  
There are inherent risks involved in all Campus Recreation activities including loss of property, injury, illness, and death

# Welcome to the Gateway

# www.unogateway.com

# CLASSIFIED ADS

## NOTICES

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

## HELP WANTED

Make Money taking Online Surveys  
Earn \$10-\$125 for Surveys  
Earn \$25-\$250 for Focus Groups Visit [www.cash4students.com/neuno](http://www.cash4students.com/neuno)

### A Place for Uv

Tanning & Massage  
is looking for person to work front desk, afternoon/ evenings and one day on weekend. Please call Nancy 964-0373 or come in to apply at 5678 N. 103rd St. \$6/hr.

Tutor needed for VBScripting with a focus on network administration. Please contact Kathy @ 891-8999 (nights).

## #1 Best Summer Ever

Join our summer team to positively impact lives; and have an awesome, fun time too! Girl Scouts-Great Plains Council is looking for outstanding people for day camps, Camp Maha,

## PIANO INSTRUCTION

Experienced, caring teacher with Master's Degree. Children & adults of all ages welcome. Donna Zebolsky 991-5774

## FOR RENT

Bedroom available at University Village 3rd floor, Platte Hall, Overlooks Elmwood Park Move in ASAP Call 554-8555

## Enclave Apartments

w/d in every apt, huge floor plans, walk in closets, pool, work out facility, tanning bed, key access entries. Located at 99th & Q Street 9910 Q Street, Omaha, NE 331-4100 [www.enclavedevelopment.com](http://www.enclavedevelopment.com)

## SERVICES

CLASS A LAWN  
Mowing, fertilizing, ect. Call 660-2127 or 813-3797 Free estimates

## MIDTOWN APARTMENTS

Remodeled, very clean, quiet controlled access, off street parking, extra lighting in parking lots. **No smoking, no pets.** Well maintained with 24 hr maintenance from \$340-\$455. Call Sharon Paterson, owner, 721-1031 Free color TV, microwave, DVD player or book allowance with 1 yr lease.

## HOUSING

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

## APARTMENTS AVAILABLE

9 Month Lease Available 417, 421-423 North 40th Street (Between Cathedral and Joslyn Castle) Large 1 and 2 Bedroom Apartments Carpet, Central Air, All appliances Off Street Parking, Security. Lease from \$375-\$495 per month Heat and Water Paid Belgrade Company Phone 393-6306 or Fax 393-4208

## TRAVEL

Spring Break 2004. Travel with STS, America's #1 Student Tour Operator. Jamaica, Cancun, Acapulco, Bahamas, Florida, BIGGEST CLUBS, BEST PARTIES! Call 800-648-4849 or [www.ststravel.com](http://www.ststravel.com)

## ANNOUNCEMENTS

### COLLEGE REPUBLICANS

Wed., March 10th 7PM  
Anyone interested please attend  
More info.  
[Km\\_kessler@yahoo.com](mailto:Km_kessler@yahoo.com)

### Fraternities Sororities

Clubs Student Groups  
Earn \$1,000-\$2,000 this semester with a proven CampusFundraiser 3 hour fundraising event. Our free programs make fundraising easy with no risks. Fundraising dates are filling quickly, so get with the program! It works. Contact CampusFundraiser at (886) 923-3238, or visit [www.campusfundraiser.com](http://www.campusfundraiser.com)

No Paper March 12th

## CAREER EXPLORATION AND OUTREACH JOB FAIR

TUESDAY, MARCH 9 10:00 A.M. – 2:30 p.m. Milo Bail Student Center 2nd Floor Ballroom

**ALL STUDENTS INTERESTED IN PURSUING EMPLOYMENT OPPORTUNITIES FOR THE IMMEDIATE FUTURE ARE ENCOURAGED TO ATTEND.**

**PROFESSIONAL INTERVIEW ATTIRE IS EXPECTED AND STUDENTS ARE ENCOURAGED TO BRING CURRENT RESUMES.**

**STUDENTS WHO WISH TO ATTEND SHOULD REGISTER AT  
[www.unomaha.edu/~OUTREACH](http://www.unomaha.edu/~OUTREACH)**

**IN ADDITION TO THE JOB FAIR, CAREER EXPLORATION AND OUTREACH WORKS WITH AREA EMPLOYERS TO PROVIDE STUDENTS AND FACULTY WITH ENHANCED CAREER DEVELOPMENT AND EDUCATIONAL EXPERIENCES SUCH AS:**

**PART-TIME, FULL-TIME, AND INTERNSHIP POSITIONS**

**CAREER PREPARATION Workshops**

**ON-CAMPUS INTERVIEWS**

**INFORMATIONAL TABLES**

**FOR MORE INFORMATION ABOUT THESE AND OTHER SERVICES THAT CAREER EXPLORATION AND OUTREACH OFFERS, CALL 554-3534 OR VISIT [www.unomaha.edu/~OUTREACH](http://www.unomaha.edu/~OUTREACH)**

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